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From: Tiger Daily
Sent: Monday, August 15, 2016 11:36 AM
To: Tiger Daily
Subject: Tiger Daily [August 15, 2016]



ANNOUNCEMENTS

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EVENTS

THIS WEEK/WEEKEND

- [Fall Convocation](#) - **Wednesday, August 17, 8:00 am**
- [TGOF March for Faculty & Staff](#) - **August 19, 9:00 am to 9:30 am**

FUTURE EVENTS

- [Back to School Picnic](#) - **August 22, 4:00 pm to 7:00 pm**
- [Back to School Gathering](#) - **August 23rd, 4:00 pm to 6:00 pm**
- [ABC's of Grant Writing Workshop](#) - **September 7, 9:00 am to 4:00 pm**

ANNOUNCEMENTS

Time to Start Thinking About Fund Raising at Oktoberfest

If your club or organization sells T-shirts or other items for fund-raising at Oktoberfest, or needs give-away swag, University Relations & Marketing can help. Now is a great time to start ordering those imprinted products. Changes to the licensing program have been made to make it easier for you to find products, licensed vendors, get artwork designed, and get fast product approvals.

- A list of current licensed vendors is posted at the top of the licensing page at www.fhsu.edu/urm/licensing
- Actual samples of many products are available for you to look at in University Relations & Marketing (office 225)
- A bulletin board outside 223 Hammond Hall has postings of current vendor sale items
- Design services are provided to make your product FHSU brand-approved

For help acquiring imprinted products, contact Mary Ridgway, 225 Hammond Hall, 628-4521 or email mrldgway@fhsu.edu

Move-In Day 2016 Volunteers

As all of you are aware, move-in day is just around the corner! With this, we could use some volunteers in welcoming our new FHSU Tigers! On **August 17th from 1pm to 4pm**, the students who are involved in a learning community or living in the Dane G. Hansen Scholarship Hall will be moving in, and the remaining students will be moving in on **August 18th from 8am to noon**. If you are available and willing to volunteer with one of these move-in days, please RSVP by filling

out the form: <https://goo.gl/forms/Ua6cs1fIM3NmC3k92>. Thank you and if you have any additional questions please contact Janna Wilkinson (jlwilkinson@fhsu.edu or x4495).

Janna Wilkinson, Admissions Counselor

Barricades and Parking for Residential Life Move In

This evening, the University Police Department will begin to barricade areas directly affected by the moving of students into the residence halls. These areas will remain barricaded until late Thursday afternoon when the move in has been completed. Tomorrow, the University Police Department will be contacting owners of vehicles that remain in the barricaded areas to have them move their vehicles.

The barricaded areas include Lot G behind McMIndes Hall, McMIndes Circle in front of McMIndes Hall, Lot F2 on the east side of McMIndes Circle, the circle drive in front of Custer Hall, the west side of Custer Drive between Dwight Drive and Agnew Lane, the east side of Lyman Drive between Dwight Drive and Agnew Lane, and multiple stalls on Dwight Drive around Hansen Hall.

Additionally, residents of Wiest Hall will gain access to that hall by entering Lot H2 on the west side of the Stadium Place Apartments, passing through the new parking lot and then around behind Wiest Hall. Vehicles parked in the area behind Wiest Hall will be asked to move their vehicles until move in is complete.

The Residential Life area of campus will be congested with traffic on Wednesday and Thursday as the students move in. Motorist are advised to avoid the area if possible. Motorist not moving in are asked to park on the academic side of campus, the Lewis Field Parking area or the GMC parking lot and walk or take the shuttle to the Residential Life area if needed. If you work in the Residential Life Area and arrive for work between 7:30 a.m. and 4:00 p.m., expect to park farther away than normal and walk or take the shuttle service.

The University Police Department wishes to express their thanks to the University community in this matter. We remind you that parking permits may be obtained online and picked up the following week or mailed through the campus mail system to avoid the traffic congestion in this area.

For more information, contact Clifford J. Denny, Lieutenant, University Police Department

Tiger Wellness – Fall Group Fitness Schedule

The Group Fitness Classes for Fall 2016 (All classes will begin the week of August 29th and are located in Cunningham hall Rm 122)

Monday

-5:30am-6:30am * Variety Fitness
-12:15pm-12:45pm * H.I.I.T.
-4:40pm-5:20pm *H.I.I.T
-5:30pm-6:20pm * YOGA

Tuesday

-12:15pm-12:45pm *TRX
-4:40pm-5:20pm * TRX
-5:30-6:20pm * Zumba

Wednesday

-5:30am-6:30am *Variety Fitness
-12:15pm-12:45pm *BOSU/Boxing
-4:40pm-5:20pm *Strictly Strength
-5:30pm-6:20pm *Pilates

Thursday

-12:15pm-12:45pm * TRX

-4:40pm-5:20pm * Core & Cardio

-5:30-6:20pm * Zumba

Friday

-5:30am-6:20am * Variety Fitness

Descriptions

-Variety Fitness : This class is a great way to start your day! Come check out the different variations of workouts and challenges we have for your body.

-H.I.I.T.: high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

-YOGA: This class is a great way to focus on the mental, emotional and spiritual aspects of wellness. Surround yourself with a relaxing environment while working on the flexibility components of fitness.

-TRX: By utilizing your own bodyweight, the TRX Suspension Trainer allows you to perform multiple movements and gain strength in several areas. Other body weight and core exercises will be included.

-Zumba: A Latin-inspired dance-fitness class. The cardio based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteal, legs, arms, core, abdominals, and the most important muscle in the body, the heart.♥

-Bosu/Boxing: A challenging workout using a BOSU (half of a physioball that is placed on a dome) to recruit stabilizing muscle's for core and overall body strength. Boxing- A great workout for everyone interested in improving their fitness and stamina. Additional muscle and motion exercises are incorporated to strengthen and tone. You will have fun, reduce stress, and get an awesome workout in.

-Strictly Strength: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. You will use dumbbells, plates, resistance bands, and machines._

-Pilates : improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

-Core & Cardio: A mixture of core based and cardio movements using various pieces of equipment and fitness styles.

For more information, contact Emily Washburn, Assistant Director of Tiger Wellness Center

Faculty/Staff/Student Gross -Cunningham Family Membership

The Department of Health and Human Performance invites you to use the Cunningham/Gross facilities as a Faculty/Staff member during the 2016-2017 school year free of charge. The Cunningham/Gross facilities excluding the Wellness Center, will be available for member use from August 22-December 16 during the Fall semester, and January 17-May 12 during the Spring semester, June 5-July 28 during the Summer semester. The times when the facilities will be open for use are listed below.

In order for family members to utilize the facility, you must purchase an annual membership for your family. The annual membership entitles family members use of the facility during open hours. Annual memberships run from August to August and may be purchased anytime during the year, but are **not** prorated.

We encourage you to purchase your membership by mail. Please fill out the [attached form](#) and return it with your check made payable to: **FHSU – Department of Health and Human Performance**. Memberships may be purchased in person in Cunningham Hall 139 Monday through Friday. **NOTE: You only need to fill out forms and return if you are purchasing a family membership.**

Fort Hays State University academic, intramural, and athletic events take priority over Fee Card Member activities.

- The Tiger Wellness Center is **not** available to community users.
- Gross Memorial Coliseum will **not** be open weekends and during scheduled athletic practices.
- Please have your Fee Card available upon accessing facilities.
Men's and Women's lockers will remain the same.

Call 628-4376 if you have questions regarding facility use. We look forward to seeing you this Fall!

Fall Building Hours	Open Swim	Wellness Center	Tennis Courts
6:30 am-9:45 pm M-Th	12:30-1:20 M-F	6:30 AM-10:00 PM M-F	• Available

6:30 am-5:45 pm F 12:00 pm-5:00 pm Sa-Su	3:30-4:20 M-F* 4:30-6:20 M-Th 4:30-5:45 F 1:00-3:00 Sa-Su Lap Swim Only	10:00 AM – 5:00 PM Sa-Su *FHSU Students, Faculty, & Staff only	during open hours • See attendant at issue window for access
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Dr. John Zody, Chair, Department of Health and Human Performance

EVENTS

Fall Convocation

Convocation will be held on Wednesday, August 17 and will start promptly at 8:00 in the morning. This will be open to ALL faculty and staff. You may remember we established a "new beginnings tradition" for convocation... There's an admission price to enter convocation - an item of non-perishable food for our FHSU Food Pantry. (Of course, if you're able to bring more than one item... that's great as well).

The greatest need in the pantry at this time is:

bread, dried pasta, stews & soups, peanut butter, cereal, baby food & baby formula, baby wipes, diapers, toothbrushes & toothpaste, juice bottles and canned fruit.

We made a tremendous impact last year... so help us help those who need us most!

In addition to welcoming our new faculty and staff at Convocation, you will have an opportunity to hear more about the "State of the University" and new academic initiatives for the year. At this time, you will also receive a free meal ticket to use at the Back to School Picnic on Monday, August 22nd. The University is covering the expense of your meal as a small token of appreciation for all you do.

Agenda

Wednesday, August 17, 2016 Beach/Schmidt Performing Arts Center, Sheridan Hall

8:00 am Invocation – *Father Fred Gatschet*

(Attendance Optional)

8:05 am Welcome – *Dr. Graham Glynn, Provost and Vice President for Academic Affairs*

Faculty Senate – *Dr. Carl Miller, President*

USS Senate – *Ms. Marcia Tacha, President*

Student Government Association – *Ms. Emily Brandt, President*

8:25 am State of the University Address – *President Mirta Martin*

8:55 am Campus Safety – *Chief Ed Howell, Director of University Police*

9:10 am Introduction of New Faculty and Staff – *Vice Presidents Graham Glynn, Mike Barnett, Joy Hatch and Joey Linn*

9:30 am Technology Update – *Vice President Joy Hatch*

9:35 am Student Affairs – *Vice President Joey Linn*

9:40 am University Marketing – *Ms. Lisa Karlin, Director for University Relations and Marketing*

9:45 am Alumni Association and Legislative – *Ms. Debra Prideaux, Executive Director for Alumni/Governmental Relations*

9:50 am FHSU Foundation – *Mr. Jason Williby, President and CEO*

9:55 am Break

10:10 am Presentation of Awards

- President's Distinguished Scholar
- Faculty Member of the Year
- Edmund Shearer Advisor of the Year
- John Heinrichs Outstanding Research Mentor

- Virtual College Adjuncts of the Year
- Closing the Loop Department Award

10:40 am Academic Affairs Initiatives – *Vice President Graham Glynn*

11:00 am Reception

Dreiling Lobby and Field Conference Room, Sheridan Hall

(faculty and staff have the opportunity to pay dues and purchase tickets)

- *American Association of University Professors*
- *Athletic Season Tickets*
- *Encore Series Tickets*
- *Hays Symphony*
- *Music and Theatre Season Tickets*

1:30 pm College Meetings

3:00 pm Department meetings

Hope to see everyone at the Fall Convocation, Wednesday, August 17, at 8:00 am.

TGOF March for Faculty & Staff

Friday, August 19 – 9:00am-9:30am

North side of Jellison Bridge

Faculty and staff members are invited to participate in the annual TGOF March during Tiger Impact Fall Orientation Weekend on Friday, August 19 from 9-9:30 a.m. Please wear your Tiger gold, bring your spirit & enthusiasm and line up on the north side of Jellison Bridge by 8:45 a.m. that morning to cheer & welcome the FHSU Class of 2020 as they walk across the bridge.

For more questions or more information, please feel free to contact Brett Bruner, Director of Transition & Student Conduct.

Back to School Picnic

Monday, August 22 – 4:00pm to 7:00pm

FHSU Quad

You and your family are cordially invited to the annual Back to School Picnic on Monday, August 22, 2016. The picnic is open to all faculty, staff, students, and their families, as well as members of the community.

This celebration will be begin at 4 p.m. in the Quad and should conclude around 7 p.m. Food will be served from 5 to 6:30 p.m. A free ticket to this event will be distributed to those faculty and staff attending the August 17 Convocation. For guests, the price of the meal is \$8.50. Student meal plans also will be accepted. The menu includes a barbequed beef or pork sandwich, coleslaw, baked beans, watermelon, dessert, and a drink. During the picnic, you will have an opportunity to visit with representatives from student organizations and local merchants.

I encourage you and your family to attend this festive event. In case of inclement weather, the picnic will take place inside the Memorial Union.

For more information, contact Rojene Broeckelman

Back to School Gathering

Tuesday, August 23rd – 4:00pm to 6:00pm

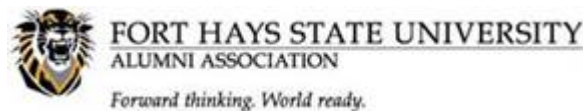
Eagle Communications Hall at the Robbins Center

The Tiger Pride Alumni and Friends Chapter and the Alumni Association invites all faculty and staff to a “Back-to-School” gathering on **Tuesday, Aug. 23rd from 4 – 6 pm in Eagle Communications Hall at the Robbins Center**. This is an opportunity to mix and mingle with your colleagues in an informal setting - no formal program! Just join us for the fun including complimentary light snacks and refreshments.

FREE event; RSVP requested by Friday, Aug. 19. Click here to RSVP: www.goforthaysstate.com/facstaff082316

Hosted by the FHSU Alumni and Friends Tiger Pride Chapter (Hays area)

- Special thanks to event sponsors:



For more information, contact Patricia Griffin at plgriffin@fhsu.edu

ABC's of Grant Writing Workshop

Wednesday, September 7 – 9:00am to 4:00pm

FHSU Memorial Union, Stouffer Lounge

Ms. Leslie Paige, Office of Scholarship and Sponsored Projects, will facilitate the workshop.

The Management Development Center is pleased to offer *ABC's of Grant Writing*.

Learning outcomes include: how to target federal and non-federal funding sources with the best “fit” for your organization; how to critically evaluate requests for proposals and interpret funder guidelines; how to develop logic models, project work plans and appropriate timelines; a strategic approach to writing the components of a proposal; when to contact program and grant officers - and what to say; proven methods designed to increase the probability of funding; and strategies designed to improve resubmissions.

Because Leslie Paige's grant writing services are already free of charge to FHSU faculty & staff, complimentary registration for this MDC workshop is not available. However, you may register at a 15% discount utilizing a code since FHSU is a Hays Area Chamber of Commerce member. If you opt to register for *ABC's of Grant Writing*, please utilize the link on the MDC website, <https://webapps.fhsu.edu/MDC2.0/Default.aspx>.

Please contact Conni Dreher by email at cdreher@fhsu.edu or by phone at (785) 628-4121 to obtain the code or inquire about the registration process.

To submit an article for Tiger Daily, please create a **new** message and email it to tigerdaily@fhsu.edu before **10:00 a.m.** Items received after 10:00 a.m. will run the next business day. Submissions will be accepted only from FHSU faculty, staff, and student organizations. **Submissions must include** a headline, body text, and contact information only. **Attachments, graphics and images will not be published (including signature line graphics)**, but links to web pages may be included. Submitter is responsible for quality of content, which will be copied/pasted directly. **Replies to this message will not be responded to. Please send any inquiries regarding a Tiger Daily article directly to the submitter.** Only one Tiger Daily message will be sent per day.